

## Household Commodity Fact Sheet

**PORK SLOPPY JOE, FROZEN**

Date: April 2009

Code: A712

**PRODUCT DESCRIPTION**

- Pork sloppy joe is made of ground pork cooked in a seasoned tomato sauce, then frozen.
- Pork sloppy joe may contain some vegetable protein, such as soy protein.

**PACK/YIELD**

- Pork sloppy joe is packed frozen in 5 pound bags, which is about 19 servings (about ½ cup each).

**STORAGE**

- Keep pork sloppy joe frozen at 0 degrees F until ready to use.
- Store any leftover prepared sloppy joe in a covered container in the refrigerator and use within 3 to 4 days.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

Pork sloppy joe may be heated by:

- Placing sealed bag in boiling water for approximately 15 minutes. Open bag carefully to avoid being burned.
- Opening bag and cooking in a pan on medium heat until product reaches the temperature of 165 degrees F, using a food thermometer.

**USES AND TIPS**

- Use pork sloppy joe as a filling for sandwiches or subs.
- Pork sloppy joe can be used in casseroles or soups.
- Try cooking onions, peppers, and carrots with pork sloppy joe and serving over rice or mashed potatoes for a complete meal.
- Top a salad with cooked pork sloppy joe.

**NUTRITION INFORMATION**

- ½ cup of pork sloppy joe counts 1 ounce in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommended is about 5 ½ of meat.
- ½ cup of pork sloppy joe provides 10% of the recommended daily amounts of iron and vitamin C.

**FOOD SAFETY INFORMATION:**

- Keep frozen until ready to use; follow directions listed under Preparation/Cooking.
- Thaw in the refrigerator.

**OTHER RESOURCES**

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

**NUTRITION FACTS**

Serving size: ½ cup (120g) cooked pork sloppy joe

**Amount Per Serving**

<b>Calories</b>	160	<b>Calories from Fat</b>	60
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**% Daily Value**

<b>Total Fat</b> 7g	<b>10%</b>
Saturated Fat 2.5g	<b>12%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>6%</b>
<b>Sodium</b> 720mg	<b>30%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 14g	

Vitamin A	0%	Vitamin C	10%
Calcium	6%	Iron	10%

\*Percent Daily Values are based on a 2,000 calorie diet.

**SAUCY CHEESY PORK****MAKES ABOUT 8 SERVINGS****Ingredients**

- 1 cup pork sloppy joe, thawed
- Nonstick cooking spray
- 1 onion, chopped
- 4 cups macaroni, cooked
- 1 can (about 12 ounces) evaporated milk
- ½ pound American cheese, shredded

**Directions**

1. Place a medium pot coated with nonstick cooking spray over medium heat. Add onions and cook 5 minutes or until soft.
2. Add pork sloppy joe and cook 5 to 10 minutes or until pork is evenly heated.
3. Stir in the macaroni, milk, and cheese. Continue cooking on low until cheese is melted, stirring often.

Nutrition Information for 1 serving (about 1 cup) of Saucy Cheesy Pork					
Calories	410	Cholesterol	45 mg	Sugar	3 g
Calories from Fat	130	Sodium	640 mg	Protein	20 g
Total Fat	15 g	Total Carbohydrate	48 g	Vitamin A	50 RAE
Saturated Fat	8 g	Dietary Fiber	2 g	Vitamin C	4 mg
				Calcium	318 mg
				Iron	2 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, [csfpcentral.org](http://csfpcentral.org)

**SEASONED PORK MEATBALLS****MAKES ABOUT 6 SERVINGS****Ingredients**

- 1 ½ cups pork sloppy joe, thawed
- 1 cup white rice, cooked
- 1 onion, chopped
- ½ teaspoon black pepper

**Directions**

1. Preheat oven to 370 degrees F.
2. Combine all ingredients together in a bowl. Shape into balls about 1 inch in size and place on a baking sheet.
3. Bake for 10 to 15 minutes or until evenly heated.

**Tip**

You can also cook these in a skillet over medium heat. Add meatballs to the skillet and cook, turning once in a while, until browned on all sides and cooked through. Serve alone, in a sandwich, or over pasta.

Nutritional Information for 1 serving (3 ounces) of Seasoned Pork Meatballs					
Calories	120	Cholesterol	10 mg	Sugar	2 g
Calories from Fat	30	Sodium	360 mg	Protein	8 g
Total Fat	4 g	Total Carbohydrate	15 g	Vitamin A	0 RAE
Saturated Fat	1.5 g	Dietary Fiber	3 g	Vitamin C	4 mg
				Calcium	28 mg
				Iron	1 mg

Recipe adapted from Commodity Supplemental Food Program Cookbook, [csfpcentral.org](http://csfpcentral.org)